Investigating the Effect of Pressure on the Hugo Point on the Severity of a Headache after Head Injury

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Background: A headache is the most common post-traumatic complaint in patients. Nurses can help to relieve the pain and to improve the quality of the care through non-pharmacological methods. The aim of this study was to determine the effect of pressure on Hugo point on the severity of a headache after head injury.

Methods: In this clinical trial, 60 patients were randomly divided into two intervention and control groups after accessible sampling. At first, the severity of a headache was measured by Visual Analogue Scale. In experimental group, the pressure was applied to Hugo point for 2 minutes followed by rest for 2 minutes; this procedure was repeated for 7 times. During this period, the control group received only routine care. The patients' pain scores were measured again after the intervention. Data analysis was performed using SPSS v.20 software.

Results: There was a significant difference between the scores of pain in the experimental group before and after the intervention ($P < 0.05$), however, this difference was not significant in the control group.

Conclusion: Considering the ease of performing and the safety of this method, it is suggested to be used as an effective method to reduce the headache in patients.

Keywords: Hugo point, acupressure, headache

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